



Norfolk Medical Reserve Corps

October 2014

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Boston Bombing Marathon: Team Operations in a Crisis

Mike Freeman, FBI, will give us a presentation regarding his response to the Boston Marathon last year and team operations within a crisis. Please mark your calendars for **Thursday, October 9th from 6:30-7:30 PM** at the Norfolk Health Dept. 830 Southampton Ave. Norfolk, Room B/C (3rd floor). Family and friends are welcome to attend. Please contact Linda to register at linda.botts@vdh.virginia.gov.

VVHS Update

First and foremost, thank you for your patience as we learn the new VVHS together!

If you have a MAC computer and use Safari as your browser, you may get a pop up regarding a security certificate. This certificate will need to be cleared from your computer, and I can provide you the instructions to clear it (they are very simple). Unfortunately, we cannot influence the Safari security settings, but VVHS is compatible with all versions of Firefox and Google Chrome, so you may want to try those browsers. If you are not using a MAC and you get a security certificate, please let me know so that our system administrators can troubleshoot your issue.



OCTOBER Emergency Preparedness Monthly Checklist

Preparedness Tasks

- Create a home escape plan
- Check batteries in smoke and carbon monoxide detectors
- Confirm fire extinguishers are operational
- Verify flammable materials and chemicals are stored properly
- Check for unsafe electrical conditions
- Test your home security system (if applicable)

Tips to Remember

- Never use water to put out a grease fire. Use baking soda, smother with a tight lid, or use an approved fire extinguisher.
- Install smoke alarms on the ceiling of every sleeping area, and on every level of the home.
- Replace smoke alarms every 10 years.

Emergency Preparedness Checklist

- Paper cups, plates, and plastic utensils
- Paper towels
- Moist towelettes or baby wipes
- Matches in a waterproof container
- Fire extinguisher
- Extra batteries for smoke and carbon monoxide detectors



Plugging into Your Niche Without Guilt: Getting Through the Holidays

Come and join us for our quarterly dessert meeting on Thursday, November 13th with featured presenter Dorolyn Alper, RN, LPC, and NMRC Volunteer.

The holidays can be a stressful and chaotic time of the year. Stress is the perception of pressure, tension, worry, fear, dread or anxiety. The way we respond to stress can exacerbate or even create physical and emotional problems. Many individuals develop unhealthy behaviors to cope with stress: overeating, using alcohol or drugs, or irritability. (Aurora Healthcare, 2011).

Please join us for a relaxing evening of learning how to find and plug into your stress-free zone without guilt so that you can enjoy the holidays with a more relaxed mindset. Desserts are served at 6:30; please bring something to share if you wish (not mandatory). The presentation begins at 7:00 with time for Q&A at the end. *Please sign up in VVHS, alert to go live soon!*

CALENDAR

OCTOBER

10/9 Boston Marathon Bombing presentation by Mike Freeman, FBI, 6:30-7:30P,
Norfolk Health Dept.

10/13 COLUMBUS DAY – NDPH/MRC Offices closed

10/16 Great Southeast Shakeout VVHS ALERT DRILL

10/18-19 CERT Training, 8:30A-4:30P, Norfolk Emergency Operations Center

10/21 FluEx, Norfolk Airport. More information to come.

10/25 FEMA Classroom Study Group: IS 700, IS 100, and IS 22, 8:30A-5:00P, Norfolk Emergency Operations Center

NOVEMBER

11/6 EMS Symposium, Waterside Marriot. More information to come

11/11 VETERANS DAY – NDPH/MRC Offices closed

11/12 Intro to Mental Health Preparedness, 6:30-9:30P, Norfolk Health Dept.

11/13 NMRC Dessert Meeting, 6:30-8:00 PM, Norfolk Health Dept.

11/15 Mass Casualty Incident (START) Triage training, 9:00A-2:00P, Tidewater EMS

11/22 Anchors Away Half Marathon First Aid. More information to come

11/26-28 THANKSGIVING HOLIDAY – NDPH/MRC Offices closed



DECEMBER

11/13 Girls on the Run First Aid. More information to come

11/24-26 CHRISTMAS HOLIDAY – NDPH/MRC Offices closed

Please register for all activities through Linda unless noted otherwise. Thank you!

Volunteer Shout Outs!

Sierra Smith, Tavia Petway, Ana Ruby Iglesia, Susie Rodrick, Koku Ametepe, Shenetta Sims – Berkeley Reunion, St. John Lutheran Church Fall Festival, Abstinence program promotion

Koku Ametepe, Ben Frey, Sophie Gustafson, Laura Hilbe, David Rossheim, Sherri Annan - Completion of Intro to Mental Health Preparedness

Dorolyn Alper and Sean Hess – Facilitating the Intro to Mental Health Preparedness course

Sheila Allen, Dorolyn Alper, Alisha Anthony, Ben Frey, Michelle Fuller, Don & Renee Genora, Malat Habtewold, Jim Hahn, Sean Hess, Melody Johnson, David Rossheim, Ann Straus, Brittany Sumner, Jac Thomas, Earle Williams, Denise Watson, Sierra Smith, Avie Howard, Jolisa Parham, Ana Ruby Iglesia and the EVMS Grad Students – Homeless Connect donations, preparations, & service delivery

Missy Clemmons, Shenetta Sims, Ken Hart, Don & Renee Genora, Sean Hess, Tavia Petway, Ann Straus, Jim Weckerly, Susan Forgacs, Elicia Liles - WHRO TV pledge drive

Marva Allbritton, Koku Ametepe, Lisa Billow, Tonya Faltz, LaChandra Hale, Sean Hess, Patricia Jennings, Jolisa Parham – Certified Application Counselor Kickoff

Gregg Bradley, Jim Weckerly, Elicia Liles, Travis Maxwell, Sean Hess, Peggy Troyer, Michelle Fuller, Koku Ametepe, Ben Frey, Ann Straus, Susan Forgacs, Renee Genora – Supporting Strive to Survive



Featured Volunteer: Peggy Troyer

Volunteer since 2011

What is your profession: I'm a Registered Nurse and work in the Post Renal Transplant Clinic at Sentara Norfolk General Hospital.

What activities have you participated in lately: Most recently I did registration for the Strive to Survive event at Norview Community Center. Unfortunately I couldn't make it to Homeless Connect this year.

What is your favorite activity: Homeless Connect has been one of my favorites. I've done cholesterol checks there for the last 3 years. The health fairs at the Health Department, working with the HOPES clinic staff, and the Suffolk Peanut Festival all bring me fond memories.

What else do you volunteer for: I am doing a lot in my church this year. I also do the National Kidney Foundation Walk (Thank God my time chairing it has ended!) and entertain at the Lydia Roper Home twice a month, and this summer I put in some time with For Kids.

Why do you volunteer with the MRC: My initial motivation was the sense of helplessness I got with all the terrorist threats we hear so much about. The disaster training we go through gave me a feeling of empowerment in the face of potential chaos. The feeling that I can step in and be useful instead of running around wringing my hands brings me peace. That said, what I get out of volunteering with MRC is the chance to improve the health of an often underserved part of the population, and to interact with that group in a way that is respectful, not demeaning. Another unexpected bonus is that my rather quiet son-in-law is with the Volunteer Rescue Squad in Strasburg. Our shared FEMA training, which we did at about the same time, began a serendipitous common bond.

Featured Volunteer: Koku Ametepe

Volunteer since 2013



What is your profession: Logistics Support Representative

What activities have you participated in lately: The Heart of Ghent 10K with EVMS Strelitz Diabetes Center, working on becoming a Certified Application Counselor for the Affordable Care Act, Abstinence Education at the Norfolk Neighborhood Expo, Intro to Mental Health Preparedness, Virginia Beach Rock & Roll Half Marathon, the bio-ethics lecture at ODU, and Strive to Survive at the Norview Rec Center.

What is your favorite activity: Spending quality time with family and friends

What else do you volunteer for: I volunteer for Keep Norfolk Beautiful. I also used to volunteer at Sentara Leigh and organized a food bank program with the collection of 350 lbs of goods.

Why do you volunteer with the MRC: It gives me the satisfaction of helping others. It is an opportunity for me to interact with others and learn about the community.

A PICTURE IS WORTH A THOUSAND WORDS



Strive To Survive



Shenetta Sims earns her Go Bag



Crystal Exhem earns her Go Bag



Homeless Connect



Ben Frey earns his Go Bag



Homeless Connect

Public Health Nurse #01837 will close on October 8, 2014, 5:00 PM.

Public Health Nurse #02745 will close on October 24, 2014, 5:00 PM.

If you or someone you know is interested and meets the criteria for these positions, please apply at <http://jobs.virginia.gov>

Environmental Health Asst II will close on October 5, 2014 at 11:59 PM. If you or someone you know is interested and meets the criteria, please apply at <http://www.norfolk.gov>

